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NOVEMBER 3, 2023 | VOLUME 14 | ISSUE 23

YOUR PURCHASE BENEFITS THE VENDORS.  
PLEASE BUY ONLY FROM BADGED VENDORS.

Shelters can help homeless people by providing quiet and privacy, not just a bunk and a meal. **Page 5**



MEET YOUR  
VENDOR:  
**JANE REILLY**  
PAGE 3

# GROUND COVER

NEWS AND SOLUTIONS FROM THE GROUND UP | WASHTENAW COUNTY, MICH.



**HUNGER and  
HOMELESSNESS  
AWARENESS WEEK  
EDITION**

Magnus the Entertainer addressing the Washtenaw County Board of Commissioners during public comment. He was one of 21 speakers who addressed the lack of shelter in the County.

THIS PAPER WAS BOUGHT FROM



@groundcovernews, include vendor name and vendor #



# hunger + homelessness awareness week

## CALENDAR

**SHELTER ASSOCIATION'S FILL THAT TRUCK!**  
*Friday, November 10, 8 a.m. - 5 p.m.*  
*Kroger (2647 Plymouth Road, Ann Arbor)*  
Help us fill a truck with items requested by the Robert J. Delonis Center. This event directly benefits Shelter Association clients as it gives them access to things like new winter coats or new socks!

**DELONIS CENTER HEALTH and WELLNESS FAIR**  
*Monday, November 13, 2-5 p.m.*  
*Delonis Center (312 W Huron Street, Ann Arbor)*  
This free community event at the Delonis Center is designed to support clients and others by encouraging healthy lifestyles, preventing and managing disease, and connecting to community resources. Vendors will set up display tables, promote their brand and product, and show their passion for supporting vulnerable populations. This event is free to any member of the community. To become a vendor, please contact Alondra Burne at burnea@washtenaw.org.

**GROUNDCOVER SPEAKS OPEN MIC**  
*Friday, November 17, 6-8 p.m.*  
*Argus Liberty Cafe (325 W. Liberty St., Ann Arbor)*  
Join us this November in honoring Hunger & Homelessness Awareness week at Groundcover News' third open mic event! Come listen to community members share writing, poetry and stories from the street. This is a FREE event. Everyone is welcome.



# GROUNDCOVER NEWS

Groundcover News, a 501(c)(3) organization, was founded in April 2010 as a means to empower low-income persons to make the transitions from homeless to housed, and from jobless to employed. Vendors purchase each copy of our regular editions of Groundcover News at our office for 50 cents. This money goes toward production costs. Vendors work selling the paper on the street for \$2, keeping all income and tips from each sale. Street papers like Groundcover News exist in cities all over the United States, as well as in more than 40 other countries, in an effort to raise awareness of the plight of homeless people and combat the increase in poverty. Our paper is a proud member of the International Network of Street Papers.

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## MEET YOUR VENDOR



**Jane Reilly, vendor No. 611**

**In one sentence, who are you?** Janie Reilly, Groundcover vendor No. 611, journalism busker and peace advocate.

**Where do you usually sell Groundcover News?** At the corner of Wells and Packard (across from Argus Farm Stop) and at the Ann Arbor YMCA.

**When and why did you start selling Groundcover?** August 31, 2023 as a part-time job while searching for a full-time job.

**What is your favorite thing to do in Ann Arbor?** Sit under the trees by the U-M Diag and feed the squirrels.

**What words do you live by?** Do what's right, anyway. Every day. All the time. No matter what everyone else is doing and especially when I don't want to. Obey the law. This is a mix of ideas from filmmaker and actor Spike Lee and Saint Teresa of Calcutta, also called Mother Teresa.

**What is your superpower?** Kindness.

**If you could do anything for a day, what would it be?** Have a career as an airline pilot.

**What motivates you to work hard selling Groundcover?** Trying to make the GCN mission statement of "promoting action to build a just, caring and inclusive society" a reality.

**What's the best thing about selling Groundcover?** I am fully alive when upholding our rights of freedom of speech and of the press.

**What are you likely to become famous for?** I've been infamous. Today, I prefer to live quietly.

# More McDonald's, Wendy's and affordable restaurants should be in downtown Ann Arbor

There are a lot of low-income people in downtown Ann Arbor. I don't think there are a lot of people who are rich that walk around downtown Ann Arbor. Especially people who try to help themselves and sell Groundcover. There are volunteers too who work downtown and they are not rich. People who work at daycares, schools and libraries are probably not rich either. My point is there should be some Wendy's and McDonald's in downtown Ann Arbor.

There should be Kentucky Fried Chickens in downtown Ann Arbor too. And I think there should be places that have low-cost food and drinks because there are a lot of working people who do not have a lot of money. People who come downtown just to get out of their homes don't have a lot of money and they need somewhere to hang out or



go shopping and they can't buy anything because they don't have enough money. And when things are at a high price all the time, when people don't have enough money to buy anything, it makes them sad and depressed and do things that they shouldn't be doing and go to jail or prison. There should also be low-cost thrift stores and coffee shops,

too. I think there should be places that are low-cost like toy stores. I think it is very important to have low-cost places in downtown Ann Arbor and I think there should be low-cost movies like Briarwood Mall used to have. They should bring back dollar theaters! I think that would give a lot of people hope and make them happier and enjoy themselves so they don't feel the need to do things they shouldn't be doing and getting arrested. I think if people could afford things better, that would give them hope and encouragement to do good things like help people in the community and help themselves. I think the community would look and be better and safer if we had more low-cost things for people to enjoy and meet their basic needs. The world would be much better.

# Kid's farm fun: Take a day-trip to Jenny's Farm and Cider Mill!

One of the largest and oldest local farms is in Dexter. It's called Jenny's Farm Stand & Cider Mill on the outskirts of Dexter. This is one of the best and most fun farms for kids. They have a petting farm, pony rides and some of the best jams, salsas and pickled vegetables as well as baked goods. Jenny's offers apple cider and happy donuts as you look at all the goodies they have to offer.

The pony ride is one of the highlights, as kids get to ride a real horse.



Chickens and rabbits roam free. The farm has rabbits, goats, sheep,

donkeys and draft horses; some animals are not pettable. As I recall, pies are freshly made. My favorite from Jenny's Farm is the amazing jams they make — raspberry, peach, strawberry and blueberry. What I truly love is raspberry jam on toast in the morning with a warm coffee and a hot slice of apple pie. The drive to Jenny's is fun on the riverside along the Huron River. The colors are fun in the fall splendor. So come take a nice mini vacation for a day on Jenny's Farm!

# Discrimination

**ROBERTO ISLA CABALLERO**  
**Groundcover vendor No. 347**

Sometimes when you go to the store to use the bathroom you must buy something — if you don't buy something, you can't go inside. The other thing, while you go to the store you have to leave your backpack and other stuff outside. Sometimes those working in the store look at you with your backpack and they

think you want to steal something from the store. When I need to go inside to ask for something, those at the store don't ask if I speak English or Spanish, they just ask where I'm from. On Saturday, October 21 at 10:30 a.m. I went out to the Home and Garden to buy a folding shopping cart. I need the cart to put my stuff in and lock it. These people in the store say they don't have a shopping cart. They look at me like I'm estúpido. Maybe they think I don't have the money to buy the shopping cart. I say thank you very much. I will put all this into the Groundcover.



# HOUSED: How housing changed John's life

**JOSHUA LEE**  
Groundcover contributor

Housing is more than just a roof over one's head. It is a source of stability, security, dignity and hope. For many people who have experienced homelessness, getting housed is a life-changing event that opens up new possibilities and opportunities.

For this article we interviewed John, who recently moved into permanent supportive housing (PSH) in Ann Arbor. PSH is a type of affordable housing that provides long-term rental assistance and supportive services to people who have disabilities and/or chronic homelessness. We asked John how housing has impacted his situation, and what are the things that eased or hurt the transition from the street.

**John's story**

John, 54, was homeless for over 10 years. He used to sleep in a tent near the Huron River where he faced harsh weather, harassment and isolation. He suffers from bipolar disorder and post-traumatic stress disorder, which made it hard for him to find and keep

a job.

He moved into his PSH apartment in February 2023, after being referred by the Shelter Association of Washtenaw County. He said that housing has given him a sense of peace and comfort.

"I feel like I have a home now. I can sleep better, I can cook my own food, I can watch TV, I can relax. I don't have to worry about where I'm going to sleep or what I'm going to eat. I don't have to deal with the stress and danger of living on the street," he says.

Housing has also helped him improve his mental health and access other services. He receives case management, counseling, medication and transportation from Avalon Housing, the nonprofit organization that operates his PSH unit. He also attends a peer support group at Home of New Vision, where he meets other people who have experienced homelessness.

He said the most helpful thing for him was having supportive staff who cared about him and his well-being. "They treat me like a human being, not like a number or a problem. They listen to me, they help me with my goals, they encourage me. They are like family to me," he said.

Still, it was hard to adjust to apartment living.

"It was hard to get used to having neighbors, rules and responsibilities. It was hard to trust people, to open up, to ask for help. It was hard to feel like I deserved this."

One thing that changed for him was his friend group. He used to hang out with other homeless people who shared his struggles and interests.

"We would talk about basketball, especially old school early 2000s basketball. Rip Hamilton was my favorite player from that time; he was a great shooter and defender who played for the Pistons from 2002 to 2011. We would watch highlights of his games on YouTube. We would admire his skills and compare his achievements to other all-time greats. We would also share tips on where to find food, shelter or other resources," he recalled.

After he moved into his apartment, he lost contact with most of his homeless friends. Some of them were happy for him, but others were jealous or resentful.

"Some said I was lucky or privileged. Some of them said I was betraying them or forgetting them. Some of them

said I was no longer one of them."

He still misses his homeless friends sometimes but he also made new friends at his PSH unit and his peer support group. They also share his passion for basketball.

"We still talk about basketball. We still watch highlights of Rip Hamilton's games. We still admire his skills and achievements. But we also talk about other things, like our health, our goals our challenges," he says.

Another thing that changed for him was his ability to follow his current favorite team. The "Lebron-James-led" LA Lakers. When he was homeless, he had a hard time following his team as a fan, due to lack of access to coverage.

"It was frustrating not being able to watch their games live or catch up on their news and stats. I had to rely on word of mouth or public sources, which were often unreliable or outdated. I felt like I was missing out on a lot of excitement and joy," he said.

Now that he has a TV and an official address, he can watch his team play on his own screen and receive newspapers and magazines that cover their

see **HOUSED** page 14 ➡

# Factors of homelessness, part one

For years, I was stewing about how people treated each other, particularly how people treated the poverty-stricken and the homeless. I didn't want to see people suffering. But at the time I didn't want to be part of the solution, either.

While stewing in disgust at the way humans treat other human beings, I posted a rant on Facebook. I then decided to jot down ideas on factors of homelessness, shelter issues and the money behind it all. Here is my initial list:

**Reasons for Homelessness**

1. Job Loss/Low Wages,
- Financial instability/job loss (Living wage vs minimum wage)
- Insufficient federal/state aid
- Lack of sustainable wages meeting cost of rent,
2. Abusive Relationships
- Insufficient mental health care
3. Substance Use and Abuse
- Drug promotion vs rehab and recovery
- Lack of affordable one-year drug rehab centers for the poor
4. Parenting/Disabilities,

- Relationships of an abusive nature
- Abusive and neglectful parenting
- Chronically homeless children of homeless parents
- 5. Incarceration
- Institutional mindset
- Incarceration and recidivism
- Lack of public bathrooms leading to CSC violations and incarceration
- 6. Transportation/Car Issues,
- Cost of repairs
- 7. Talent Development,
- Lack of development of individual potential
- 8. Governance,
- Politicians unfulfilled promises to

end homelessness

9. Selfishness
- Human to human selfishness,
10. Where is the HUD money?
- Private companies, organizations and shelter CEO profits

I will save shelter issues and the money trail for later articles of this series.

I selected three websites for background research: [HomelessResource-Network.org](https://www.homelessresource-network.org/), generated 17 points. [HumanRightsCareers.com](https://www.humanrightscareers.com/), and [ArlingtonLifeShelter.org](https://www.arlingtonlifesher.org/) yielded ten factors each.

**People Housed First**

The first item is that of wages, job loss, not enough federal/state aid, unemployment/ underemployment, and a lack of sustainable wages such as a living county wage. A minimum wage is for children, not adults. Minimum wage combined with part-time hours will not meet the cost of living. We've had chronically unemployed people without personal or job development programs.

Jobs are at will, and so workers are subject to job loss at any time, for any

see **FACTORS** page 15 ➡

# Shelters should help homeless people by providing quiet and privacy, not just a bunk and a meal

**NATALIE FLORENCE AND HEATHER ROSS**  
The Conversation

The City of Phoenix set heat records in the summer of 2023, with high temperatures that topped 110 degrees Fahrenheit for 31 consecutive days and at least 54 days in total. In such conditions, providing basic services — including cool spaces — for people experiencing homelessness is lifesaving.

In 2022, 420 people — many of them unsheltered — died in Phoenix from heat-related causes. Estimates are not yet available for summer 2023, but given this year's extreme conditions, the toll is expected to be higher.

For the past two years, we have worked as researchers with the Human Services Campus, a 13-acre complex in Maricopa County, Arizona, where 16 nonprofit organizations work together to help people who are experiencing homelessness. The campus includes Central Arizona Shelter Services, Phoenix's largest homeless emergency shelter, which assists 800 people experiencing homelessness on any given night.

Our work includes talking with staff and clients to better understand their challenges and identify possible solutions that draw from our work in the fields of architecture, health and social innovation.

Dormitories at CASS protect residents from extreme heat with a bunk to sleep in, day rooms for socializing, case management services, sanitary shower and restroom facilities. However, CASS struggles to provide dignified spaces that offer privacy, storage space and quiet environments.

People need this kind of environmental support in order to battle recurring physical and mental health issues that often accompany homelessness and can hinder or prevent healing.

**Overflowing shelters**

As of 2022, the U.S. Department of Housing and Urban Development estimated that the U.S. had nearly 600,000 homeless people nationwide, with about 60% living in emergency shelters, safe havens or transitional housing. The other 40% lived outdoors or in places such as abandoned buildings and public transit stations.

Homeless centers must conform to architectural standards for emergency shelter. These standards have historically been influenced by institutional building design, which prioritizes attaining minimum conditions needed to keep people alive. Today, many homeless shelters struggle to provide even that level of care.

The Human Services Campus was originally constructed in 2003 to provide consolidated services and a coordinated entry plan for people experiencing homelessness. However, it was intended to be part of a larger system of shelters, not the sole service provider for Phoenix's estimated 9,000 homeless people.

The city's homeless population has grown, in part because of unprecedented rent increases and a lack of affordable housing. During this summer's heat wave, nearly 1,200 unsheltered homeless people lived on sidewalks surrounding the campus, many in tents, with limited access to

bathrooms and sanitation facilities.

**Homelessness and mental health**

When asked about the causes of homelessness, policymakers and members of the public often point to mental illness and addiction, as well as a lack of affordable housing. They tend to pay less attention to the underlying impacts of past trauma other than noting that many women become homeless to escape domestic violence.

In a 2005 study, an alarming 79% of homeless women seeking treatment for mental illness and substance abuse reported experiencing a past traumatic event such as physical or sexual abuse. More recently, a 2020 study showed that nearly two-thirds of homeless women and almost half of homeless men reported that they were homeless because of trauma. Shelter design can affect homeless people's ability to recover from past trauma and to battle addiction and other mental health issues that perpetuate cycles of homelessness.

For example, one woman who currently lives in CASS told us about trying to get a full night's sleep while living in a day room where the lights were kept on around the clock and there was constant activity. Because she had several bags of personal items that were too big to store in the dormitory, she could not get a bed there.

"When they don't turn the lights down at night, I start to feel like my body is vibrating," she said. "I start to see people walking around, and I'm

see **SHELTERS** page 9 ➡



General view of a homeless encampment in downtown Phoenix as unhoused people receive medical care from Circle The City's mobile medical unit on the 14th day of temperatures rising to 110 degrees Fahrenheit in Phoenix, Arizona, U.S., July 13, 2023. REUTERS, Liliana Salgado

# What's Happening at the Ann Arbor District Library

**Open 10am–8pm Daily**  
Hang out in any of our five locations across town, browsing books, magazines, newspapers, and more, or check out movies, CDs, art prints, musical instruments, and home tools—you name it! Study and meeting rooms, fast and free WiFi, and plenty of places to sit and hang out.

**Unusual Stuff to Borrow**  
There's more to borrow at AADL than books, music, and movies. To name a few, there are games, telescopes, stories-to-go kits, and home tools. Check out these unusual yet handy items during your next library visit!

**Job Search Toolkit**  
If you're embarking on a job search, AADL's virtual toolkit stands ready to assist! Packed with links to beneficial websites and resources, it's a free guide that equips patrons with essential tools and knowledge to navigate the competitive job market. See all the toolkit has to offer at [aadl.org/services](https://aadl.org/services).

**FEATURED EVENT**



**Sunday, November 19 • 2pm Downtown Library**  
Winter is coming! Stop by to try on and pick up a new-to-you coat for the season. The Library will be accepting coats and jackets at all locations from September 8th–November 17th. We will not accept items on the day of the event.



# The public has spoken: "We need shelter now!"

## GROUND COVER NEWS

*It was standing room only at the Washtenaw County Municipal Building on Wednesday, October 18. Most attendees were wearing the same sticker on their chests: "I support more funding for winter..."*

*When public comment began, there was no question what the increased attendance at the Board of Commissioners meeting was supporting. A banner painted with "Shelter Now" was raised for all Commissioners to read.*

*If you've been following Groundcover News recently, you'll recall two articles written by Jim Clark, vendor No. 139, about the grassroots campaign, entitled "Shelter Now," organized around three demands to expand and improve sheltering services in Washtenaw County.*

*21 members of the homeless community addressed the Board of Commissioners during public comment. Read some of their comments below, advocating for shelter.*

### CALEB POIRIER

"Having talked with folks who keep track of the census of the people who are attempting to get into the shelter,

there is a 140-person-long waiting list to get into the shelter. This was made real to me earlier this week with a young woman (...) who has two twins in her stomach, several months pregnant, [and is] currently living under an overhang. Some folks feel that it's only appropriate to house folks once they have a child, but I think that while you're pregnant is a very dangerous time to be unhoused, and she is one of those 140 people who is unhoused. Currently there's a disparity between the amount of services provided between Washtenaw County's two sister cities where a majority of the population lives, in both Ypsi and Ann Arbor. In Ypsilanti there is a rotating shelter that's supposed to move from faith community to faith community like it does in Ann Arbor, and that rotating shelter does not rotate because there's only one faith community that has signed up in Ypsilanti. There has been an ask made of a multitude of faith communities in Ypsilanti to participate with the shelter in accomplishing the rotating shelter there. So this is an ask to everyone who has friends in a faith community of any kind, or knows of buildings that are open, to consider reaching out to the shelter to make that happen."



**Magnus the Entertainer addressing the Washtenaw County Board of Commissioners during public comment. He was one of 21 speakers who addressed the lack of shelter in the County.**

### COLLIN SPRY

"I just came here to speak from the heart. I've been homeless since 2019 when my wife died in a car accident. She was the last family that I had, and without her, I've had nobody. I've been living on the streets of Ann Arbor basically because Ann Arbor is a special community. I've been all over the country via freight trains, and I've seen

all different walks of life, and this place is an anomaly. There is what I would call an actual homeless community. There are people here that actually take care of each other. We're like family. And then there is a community that takes care of our community. People like Peggy, Gracie, Cynthia, look out for us in ways that nobody else around the country I've ever seen

see **PUBLIC** next page ➡

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**EBONY MONTGOMERY, PROGRAM ADMINISTRATOR, WASHTENAW COUNTY COMMUNITY MENTAL HEALTH**

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# Churches are critical for winter sheltering

## TESS ROUSTER

### Groundcover contributor

The Delonis Center, operated by the Shelter Association of Washtenaw County, is the only fixed location shelter for individual adults in Washtenaw County, and it only operates as an emergency nighttime shelter during the winter months. The need for winter shelter is greater than what the Delonis Center can accommodate. Moreover, unsheltered homelessness is rising and predicted to continue rising due to lack of affordable housing and cessation of COVID-era government aid.

Because there is not enough space at Delonis and because it is not open for daytime shelter, SAWC also offers

a rotating nighttime shelter for men and a rotating daytime warming center through faith communities in Ann Arbor.

As of October 6, the congregations hosting the nighttime rotating shelter include: St. Mary Student Parish, Genesis/St. Clare's/Temple Beth Emeth, First Congregational Church, Keystone Church, First Baptist Church of Ann Arbor, Ann Arbor Friends Meeting, St. Luke Lutheran, First Presbyterian — Ann Arbor, Ann Arbor Christian Reformed, Zion Lutheran, St. Francis of Assisi Catholic Church and University Lutheran Chapel. Additionally, Journey of Faith, Zion Lutheran, First Baptist and St. Mary's Student Parish are also hosting the rotating Daytime Warming Center.

Ypsilanti has historically offered more affordable housing options than Ann Arbor. Simultaneously, there is a higher concentration of poverty and a lower concentration of resources and opportunities in Ypsi. As a result, long-term residents are getting hit especially hard by the dramatic rises in housing costs, and the resulting rise in homelessness.

This past summer, there were 15-20 individuals using the awning outside of Growing Hope on S. Washington St. due to a lack of shelter options.

There are currently only two locations offering emergency shelter in Ypsilanti this winter: St. Luke's Episcopal Church will provide nighttime and the Freight House will provide daytime shelter Monday through

Thursday. Unless other community organizations step up to offer space, there will be no shelter options Friday-Saturday in Ypsilanti this winter.

There is an urgent need for congregations and community organizations to step forward to support people experiencing housing crisis by filling the gap in winter shelter in Ypsilanti, and for funding to cover the additional staffing. SAWC will provide staff to anyone able to any organization able to provide a facility.

You can help by asking your congregation or organization to host temporary shelter this winter. If your congregation or organization is interested, you can email Dan Kelly at [kellyd@washtenaw.org](mailto:kellyd@washtenaw.org).

### ➡ PUBLIC from last page

do. Unfortunately this has been a rough summer, though. There's been a lot of bigotry. We've been pushed around, bullied, thrown out of every different place. We were at the Plaza. The police came in the middle of the night, threw us out, threw all our stuff in the trash, kicked some kid in the head. And then we all moved down under (...) Fuller bridge because we had no other options, where the bulldozers came and tried to bulldoze all of our stuff. And we stood there. We would not let them touch our things because that's all that we have. (...) It's been an unfortunate event to see this bigotry aimed at people who have nothing. (...) It continues to blow my mind. But, I still support this community, and I think it's a very beautiful place. Very special. So really all I wanted to say today is that decisions that are made today, just know that, as hard as this summer has been, the winter is going to be even harder, and lives are really at stake here."

### MAGNUS THE ENTERTAINER

"What happens when you close your door at the end of your night? And where must the homeless and unhoused lay down to recharge for the next productive day? These are questions, right? (...) What do we think will help? These are some of the questions that I ask myself while going through these changes as a professional (...). Well, not one individual program can solve these issues, alright? Not one program. It has to be all of us together. (...) Number 1: Funding the rotating shelter. In 2020, I was in the rotating shelter myself, and I was also in the

Delonis shelter at the same time. As someone who was building a career while in this position, there are a lot of things that could have happened that would probably stop a person. But because of the rotating shelter and Delonis working together, a lot was achieved on their part, and the community that they serve. Another thing, keeping people alive, right? So it's not just about giving a person a place to live, it's not just about giving a person something to get through the day, it's about actually keeping people alive. Because that's what these services are doing, ultimately, breaking into new permanent housing solutions. So a lot of times we think situations like this have many layers to it unfinished!"

### "COUNTRY" MIDDLESTADT

"I'm going to tell you, our system's been broke. It's been broke for a while. And you know what? You're not gonna fix it when you're not (...) looking at the fact that most of the people that are homeless within our community either have mental health or drug or alcohol issues. If we don't deal with these drug and alcohol issues and mental health issues, we're not going to fix our community, okay? We're just going to be lying to ourselves. We have a shelter. We call it Delonis. Well I'm going to tell you that Delonis is basically more so of a (...) release center and a drug den. It's also used at times for human trafficking. We need to fix that issue, okay? And that's coming from somebody that is homeless in your community and is currently (...) doing five years of probation and has a lifetime registry for trying to take drugs off of your streets. Now, do I think that we need another shelter?

Yeah, we definitely need a 24 hour shelter. We need a safe place for mamas and babies. We need safe places for children. (...) We don't have that. (...) If you're homeless living on the street, and you're living in a tent, well, hopefully one of the local officers don't (...) see your tent because what are they going to do? They're going to tag it 'You've got 48 hours or we're throwing your stuff away'. And by the way, it's a \$500 fine if you're caught. Do you think your homeless individual can pay \$500? (...) Why don't we fix what's broken and not try to create something new? Cause we don't need to create something new. We need to fix what we got. Now, I'm surely not (...) happy with HAWC that hasn't been operating on our housing that's preventing these agencies from doing their job."

### JOHN KERGESTAL

"I live in a homeless camp in Washtenaw county. I just want to start off by saying I'm truly grateful for the Delonis Center. There's been plenty of times that I would have froze to death if it wouldn't have been for them, and for them feeding us. I also want to say that I'm grateful for the Sheriff's department because there is a certain Sheriff, that I'm not going to mention names, that does welfare checks on our camp, and personally makes sure that we're okay. (...) Although he gets on us about drinking and whatever once in a while. But he still cares, and he doesn't want to arrest us. He doesn't want to take us to jail or anything. He just wants to make sure everything's okay. And I hope that the City and the County will continue to fund the Robert J. Delonis Center because somebody like me

truly depends on it."

### STEFANI CROUSE

"Earlier today, I attended my, I think, fifth eviction hearing this year. Every month I'm able to figure it out. I'm lucky. I have some ability to do that. However, this has been going on all year because there is no relief, right? There's no place to go to ask for help right now and be able to actually get it. So we're just figuring it out. In fact, my situation wouldn't even be considered an emergency because my late rent is in the month that we're in. But it's every month. So I'm paying \$250 extra every month because I'm paying for late fees and attorney fees to show up in court to have it dismissed. I'm not the only one going through this. I live in an apartment complex that is geared towards low-income people. I have watched my neighbors move out in droves. There are empty, naked units all over in my complex ... and I don't understand what's happening. I am currently paying about almost \$1,600 a month in rent to continue to live there because I can't pay it on time. There are so many of me out there, and I just wanted to voice that tonight. Because my biggest fear is that one of these months, I'm not going to be able to figure it out, and I will become one of those people waiting for a bed for four to six months. And I don't think that's okay. And I don't believe that any of you do either. And you have an opportunity to do something about it. Especially for those of us who live in Ypsilanti. And I'm talking about the women. Because the things that happen to us when we go homeless are unspeakable. And we need you to step up for us. Please ... do something."



# Injustice of Place: Uncovering the Legacy of Poverty in America, in conversation with Luke Shaefer

You might recognize the names Luke Shaefer and Kathryn Edin from the cover of “\$2.00 a Day: Living on Almost Nothing in America,” which in 2015 reframed conversations on family poverty in the United States, ultimately leading to the expansion of the Child Tax Credit in 2021.

Shaefer, Edin and Timothy Nelson’s newest book, “Injustice of Place: Uncovering the Legacy of Poverty in America” now looks at poverty from the macro-perspective of *place*, instead of person. They developed an assessment method called the “Index of Deep Disadvantage,” which calculated the 100 most disadvantaged and advantaged places in the country. Through data-driven, historical and immersive research — conducted between 2019 and 2022 — they have come to important conclusions about the origins and solutions to inequality in the United States.

**Lindsay Calka:** How does understanding — and addressing — the 100 most disadvantaged places improve well-being and poverty across the country?

Luke Shaefer: The problems that we have didn’t appear out of thin air. I think we often proceed like that’s true, but often, the challenges we have are a decade, a century in the making. This book focuses on a set of communities — the most disadvantaged 100 and 200. I think the lesson is that, when you want to understand why things are the way they are, you really have to recognize the history is broader and can be used in many different communities.

A second argument in the book is that when we think about poverty, we usually are problematizing the individuals experiencing it. In this book we really try to make the case that there’s a collective problem that things are the way they are not just because of the actions or the circumstances of the families at the bottom of the economic ladder, but those are tied to people in the community far up the economic ladder, really to society as a whole, so we should broaden the scope of what we’re looking at and who benefits from the way things are, to a much broader part of the population.

**LC:** Your 2015 book “\$2.00 A Day,” was critical for the expansion of the Child Tax Credit. Who needs to get Injustice of Place in their hands? What outcomes do you hope it supports?

LS: The nice thing about the first book was that there was a simple solution: providing cash can be an effective



**LINDSAY CALKA**  
Publisher

way to reduce poverty. When we think about the things we do for poor families, I think the litmus test is “will this benefit them more than just giving them the money that would be used to provide the service that we want to provide them.” In “The Injustice of Place,” we don’t have [just] a single policy solution.

I’m a big believer in cash transfers. We saw the impact that can have during the COVID pandemic — the expanded child tax credit and the economic impact payments, the stimulus payments — were hugely successful. I’m a full believer in that, but I think this book really suggests many different avenues that we need to be thinking about, including local government corruption. The people who are running the communities that have the most need, how much are they looking out for the folks at the very bottom?

Social infrastructure — how much are there opportunities in any given community for people to gather and to have cheap fun together where they can make connections and use those connections to build supports for finding jobs, and role models, and whatever it is? The book really calls us to try to reduce community violence, and makes the argument that by expanding economic opportunity, that’s going to be one of our best ways to impact community violence. The downside is that there’s a lot of avenues in, but the good side is that, I think, communities can really focus on the things that there’s the most energy and infrastructure for.

**LC:** How do you see — or have you seen already — the conclusions of this book influencing popular understanding of poverty in the United States? In other words, what myths are you busting about poverty?

LS: So many of the challenges we have can be traced back to a century ago, or a century-and-a-half ago. Early in the book, you see our map of deep disadvantage for the Deep South compared to a map of the concentration of slavery in 1860, and they’re pretty darn

similar. So, how can poverty be the result of some family in 2016, 2019, 2023, making the wrong decisions, if we’ve seen the same patterns for 150 years?

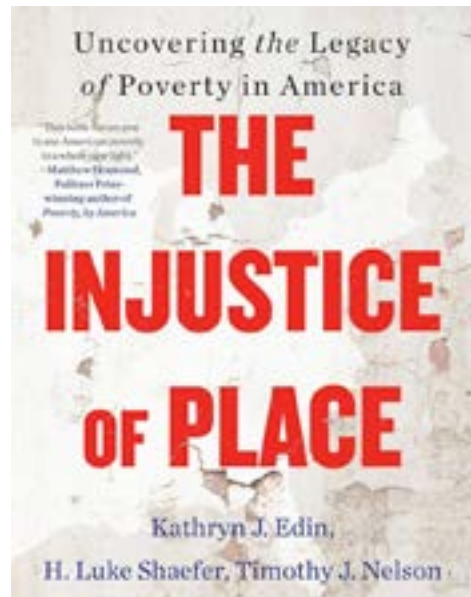
I think the book tries to make the case that we have to look at ourselves as a society, and re-think where the change has to come from. And, I think we saw that with the safety-net stuff that we did during COVID. We gave people a lot of money through the child tax credit, and also through the economic impact payments, expanded unemployment insurance; lo and behold, the number of Americans with bad credit fell to an all time low. People used that money to pay off their debt; they used it for food; they used it for essential expenses; they used it for rent. That sort of flies in the face of all of our concerns about giving people money and, more broadly, trusting families and empowering them to make their own decisions.

**LC:** We know stark inequality is a characteristic of Washtenaw County — but this community can hardly be considered one of the “forgotten places of America.” How would you apply the findings of this book to our local policy landscape?

LS: I think of Washtenaw County as a real microcosm of our economic and social changes. Ann Arbor has always had more money than Ypsilanti, but the divide was not as great half a century ago. Over that period of time, we’ve seen the decline of the industrial economy, and I think Ypsi has really been impacted by that. The increasing rewards of the top knowledge economy, Ann Arbor has really been a beneficiary of that. So, if you want to sort of understand inequality and poverty in the United States, I think Washtenaw County is a great place to do it because you have this, like, growing stratification between two places.

I think understanding how our systems kind of leave out a place like Ypsilanti, too, is clear. So, it’s not a rural place, but when you look at philanthropy for example, there’s more philanthropic dollars going into organizations in Ann Arbor because that’s where the money is. People like to give to their community, and so less money goes to Ypsilanti, or folks who are struggling in more rural areas in Chelsea or Dexter. You really see this mis-match between the need and the resources. A lot of what’s playing out here is playing out across the nation.

**LC:** If you were to study this community with the same methods conducted in the book, where would you



start in Washtenaw County?

LS: The thing I am most disappointed in about Ann Arbor is I think Ann Arbor as a community likes to think of itself as very progressive or liberal, but a lot of our actions suggest we’re not willing to do our part in addressing the inequality that we have — as a small community, and as a county. I think that can take the form of affordable housing and services for folks who have challenges. So, “What can we do to even out the work of really taking these challenges seriously with the resources we have?” is our question going forward. Is Ann Arbor really going to do its part?

It’s not like Ann Arbor does nothing. It hosts the Delonis Center, and that’s great, but how much actual action have we seen as a community in Ann Arbor on making housing more affordable? I don’t think there’s really been any. And, if you plotted the agencies that help Washtenaw County, and those in our county who are really having challenges, how many of them would be located in Ypsi, would serve people in Ypsi? And how many would be in Ann Arbor? You know, how many would be in other parts, and is that reflective of everyone sort of coming together to address the challenges? I think not.

Who should be paying for it? Where should things be located? You know, we want it to be as accessible to the people who need it as possible, but we also don’t want Ypsilanti to bear all of the challenges of that work. Ann Arbor should be an equal partner.

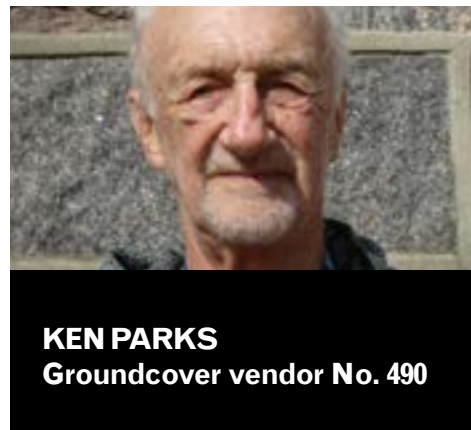
*Luke Shaefer, Ph.D. is a U-M Professor of Social Work and Public Policy and the inaugural director of Poverty Solutions, an interdisciplinary, presidential initiative that partners with communities and policymakers to find new ways to prevent and alleviate poverty.*

## Talking truth to power

Those words ring a bell in many-a-heart that aspire to freedom and justice. When I wrote “The People Are the Power,” I was referring to labor power which is put on the auction block and sold to investors in the bureaucratic chain of command. You get wages based on what the market can bear and investors are at the head of the trough in a feeding frenzy.

There is a collective ruling class that is dedicated to maximizing return on investment. Anything goes if it makes the profit they feel entitled to. The supremacism of those who speculate on our labor power has a degree of arrogance that is threatening all life on the planet. I saw a bumper sticker recently that read: “EARTH FIRST, WE CAN DESTROY THE OTHER PLANETS LATER!”

Of course, the moon is a base on the way to Mars. If you look at the accumulation of power at the top of the chain of command it may look invincible, unless you remember that selling your labor makes you a wage slave. If your work serves other people’s projects in which you have no voice, you are being exploited and oppressed by the class warfare that defines capitalism.



**KEN PARKS**  
Groundcover vendor No. 490

Therefore, our collective work builds the war machine that plagues humanity. Divide and conquer is the war game. Tyrants and oligarchs are cultivated or destroyed depending on the commodity market and the profiteering obsessive-compulsive disorder. Is it a cancer or a vampire that uses our vital energy to pursue endless war? Life source energy gives birth to human beings and the ability to work, which is commonly known as labor power. I prefer the expression “the all good expanse of primordial purity” when referring to the source.

Self-determination starts with taking responsibility for the results of your labor. Those of us who are financially

insecure are likely to be looking at and/or experiencing homelessness. “Home free” as they say in Seattle.

Groundcover News is an important voice from the street as we learn to tell the truth as we experience it and focus on the corruption of power as it goes up the chain of command to those seeking unlimited power. The gods of capital are impermanent. We know from science that everything is in motion and is interrelated in a way characterized as impermanent. Death is our constant companion, reminding us that all actions have results and a happy death comes from constant preparation to develop a courageous heart and wise compassion. Most of us are beginners and are fortunate to have access to a variety of spiritual friends. Choose them carefully and take them to heart. Nalandabodhi is a good place to tune in. Search that and explore.

We have learned that peace of mind does not come from the absence of struggle, but from absence of confusion and uncertainty. We can develop engaged struggle as the path to peace and justice. Whatever arises is reality in this moment. Every crisis is an

opportunity to look into the void as it stares back at you. If you become accustomed to the void while focusing on the breath and detaching from distractions, you may experience the clear light nature, at least some sense of the natural world at peace with itself.

I am thinking out loud about things I have not mastered, but I hope the intention to experience the power of truth and benefit all life comes to fruition with abilities we can share as we learn about freedom and our innate power to benefit self and others. Practice makes perfect, so let’s start wherever we are and aim for complete enlightenment. “Ye shall know the truth and the truth will set you free,” as Jesus taught.

Not all truth tellers are crucified but do not be surprised if the inquisition comes to your door. Remember Thich Nhat Hanh who said, “Meditate on your worst enemy until you see yourself in them.” Then you, too, can speak truth to power in a way that shows the power of the truth and the great going beyond that leaves nothing behind.

### ► SHELTER from page 5

not sure if they are even really there.”

Routinely sleeping less than seven hours per night can be harmful to health. It lowers immune function, increases chronic pain and raises the risk of heart disease, high blood pressure, diabetes, stroke and death. For homeless people battling mental health challenges, addiction and past trauma, rest and recovery are essential to getting back on their feet.

CASS staff have tried to create healthier sleep spaces, such as dorms that remain dark, quiet and cool at all times. Priority access goes to people with jobs. These sections can house only about a third of CASS’s residents, leaving others to sleep in dorms where there is more noise and light.

### More supportive spaces

Simply feeding people and providing them with places to sleep is a major challenge for shelters in cities where homelessness is rising. But some have found ways to think more broadly.

In San Diego, Father Joe’s Villages, a nonprofit network with a central campus and scattered-site programs, houses more than 2,000 people nightly. San Diego’s more temperate climate makes it less urgent to maximize the

number of people they shelter indoors, so staff at Father Joe’s can use its decentralized design to create shelters with private and quiet spaces.

The Father Joe’s network includes multiple smaller-scale facilities where clean bathrooms are easily accessible and homeless people can use basic amenities like laundry and storage. One example is Mary’s Place, a collection of diverse shelters that provides emergency and long-term support in smaller facilities modeled after the simplicity and comfort of a home.

People experience less stress and can more easily navigate the challenge of ending their own homelessness when they can get a restful night’s sleep in a quiet environment, with spaces that allow them some privacy. We are encouraged to see other U.S. shelters moving in this direction — but there’s a long way to go.

### Steps toward better design

To address the lack of privacy at CASS, we have proposed subdividing the day room into more private spaces to accommodate activities like online telehealth appointments, counseling and job interviews. To tackle the long-term impacts of overcrowding, we also have recommended introducing sanitation amenities, such as laundry

facilities, “hot boxes” to sanitize clothing and bedding, more bathroom facilities and reliable trash removal to reduce the spread of infection and pests such as bedbugs and lice.

For new facilities, designers could consider small changes, such as increased storage and more diligent regulation of temperature, light and noise.

Hospitals, nursing homes and retirement communities have found many ways in recent decades to use design to support patients’ health. Many of the same concepts can be applied to

emergency shelters and help turn these facilities from institutional warehouses into spaces of health and opportunity.

*Natalie Florence is a Ph.D. candidate in humanitarian design and infrastructure studies at Arizona State University. Heather Ross is a clinical associate professor in nursing and clinical associate professor at the School for the Future of Innovation in Society, Arizona State University. Courtesy of The Conversation / International Network of Street Papers*

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# Palestine rally at Congresswoman Dingell's office calls for ceasefire, no more funds for Israel



**MIKE JONES**  
Groundcover vendor No. 113

informative. It was one of the many rallies and protests that took place these last few weeks around the world following the Hamas attack on Israel on October 7. These protests showed support in solidarity with the people of Palestine and set the stage for a major protest and demonstration in Washington D.C on November 4.

Heidi, a participant at the rally, said, "This is an obvious injustice, we all know that colonialism and ethnic cleansing are wrong, and yet our government sends money every year to aid and abet it and now we sit by and watch innocent people die en masse."

Another participant at the rally, Galen, said, "This term the Israeli called 'mowing the lawn' is a euphemism for murder and another iteration of what we have seen for decades now, the end game is the same innocent people dying, and I'm not for that."

Monday October 23, a pro-Palestine rally — organized by the Palestinian Youth Movement, U-M Graduate Employees' Organization and Students Allied for Freedom and Equality — took place in front of Congresswoman Debbie Dingell's Washtenaw County Office. The main message from the participants at the rally was a call for a ceasefire in Gaza and to denounce the United States' support and aid to Israel. The rally was peaceful and

**Top image: Speaker from Yemeni Liberation Movement addressing crowd at rally. Bottom images: Protestors standing in solidarity, listening to speakers and preparing to shut down Washtenaw Avenue in nonviolent protest.**



by Izzy Hedin-Urrutia

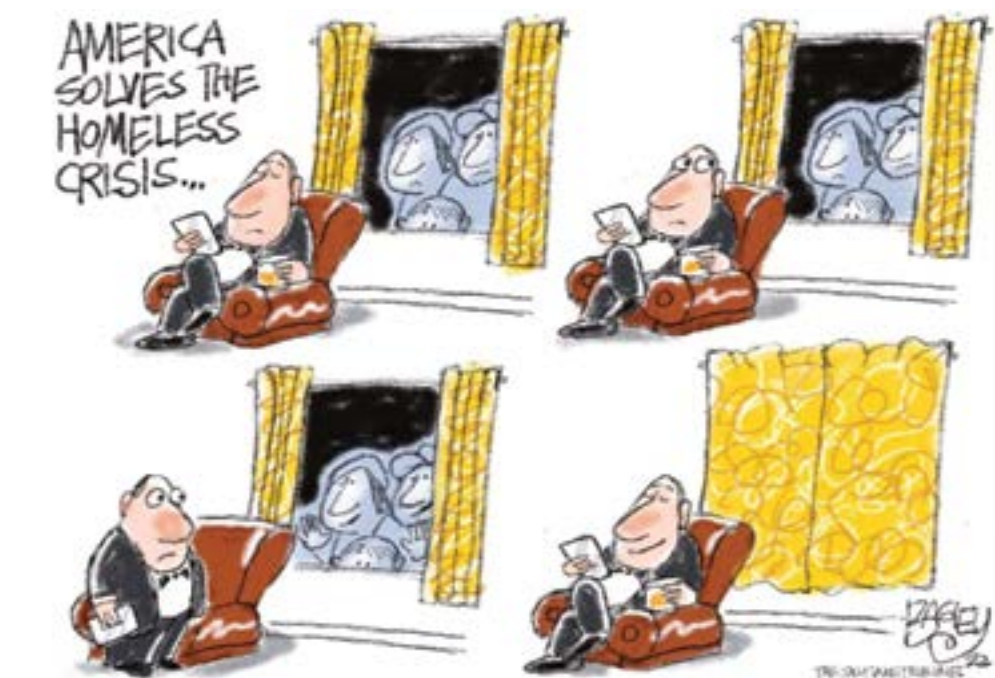
# Cartoons are a depiction of our actions

There is no doubt that cartoons — from children's books to political cartoons — bring valuable life lessons. With records indicating that more than 1.6 billion people live in inadequate housing worldwide, how is homelessness being represented through satirical cartoons?

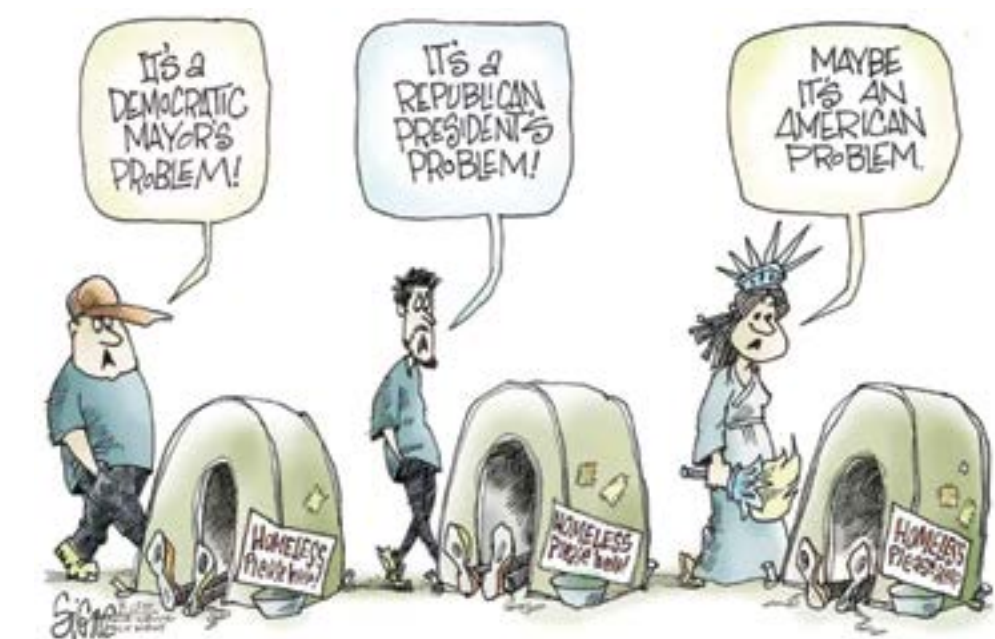
Titled "How America Solved the Homeless Crisis," this cartoon by Pat Bagley depicts how many turn a blind eye to homeless people. It begins with stigmas around the homeless that



**MAY THET NAING**  
U-M Student contributor



Pat Bagley, The Salt Lake Tribune



Signe Wilkinson, The Philadelphia Inquirer

many people believe that homeless people are all lazy or violent criminals.

The act of simply "drawing curtains" on the homeless, as indicated by the cartoon, can be interpreted as a reflection of policies that fail to address the root causes of homelessness. For instance, in Detroit, initiatives to deal with the issue led to the creation of a housing services helpline where

people can call in to receive legal resources for evictions or report poor rental conditions.

Since its launch, however, the service has been described as a "dehumanizing experience" as users highlight long phone wait times, insufficient operating hours, and frequently being informed that there was no local shelter they could be placed in.

As children, we had dreams of pursuing any career we wished to, but who



Dick Wright, Cagle Cartoon, 2023

dreamt of spending our adult lives freezing in cold weather? This is the reality of homelessness. With people living on the streets being more vulnerable to fatal cases of frostbite, it is reported that 700 people experiencing homelessness yearly are killed from hypothermia in the United States. This does not include other deadly conditions homeless people experience, including unsanitary living conditions, stress, violence, inadequate food and limited access to health care.

The Signe Wilkinson piece brings up an important question: "Who does homelessness concern?" Though the obvious answer is everyone, all of us often get lost in shifting the blame onto others. As portrayed by the cartoon, the time spent figuring out whether Democratic or Republican states have the highest amount of homeless people residing there could also be used to see the bigger picture — how do we solve the problem of 582,000 people experiencing homelessness in all of the United States?

Homelessness is everyone's concern

because the issue is a vivid reflection of the state of our society. Significant reasons behind homelessness include lack of access to affordable housing due to ever-rising house prices, domestic abuse, limited employment opportunities, addiction and mental illness. The most extreme problems people face globally are all interconnected. Just as income disparity drives homelessness, homelessness drives poverty rates. Perhaps we should begin to see these effects of homelessness as a wake-up call — a call where we start to recognize that this is all of our problem.

These cartoons are just the tip of the iceberg in displaying the difficulties of those without a home. Nevertheless, through satirical art we can come to acknowledge the true acts of ignorance and disregard many have toward homelessness. In many historical movements, art has done a beautiful job of drawing attention to social issues.

But what should follow art? Collaborative long-term effective action!

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"I was once a blasphemer and a persecutor and an arrogant man, but I have been mercifully treated because I acted out of ignorance in my unbelief."  
- Paul, an Apostle of Jesus (1 Timothy 1:12, 12-14)

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# Narcan saves lives!

JANE REILLY  
Groundcover vendor No. 611

Fentanyl, an illegal opioid drug, looks like aspirin, sidewalk chalk, and candy like Skittles or M&Ms. Opioids can also be prescription drugs such as Oxycontin, Percocet, Vicodin, methadone and other legal drugs that reduce pain and promote feelings of pleasure and relaxation. High school, college, professional and weekend athletes often take prescription painkillers as well as people with muscle, back and joint pain. These legal opioids also are addictive and fatal. Being a first responder does NOT mean condoning drug use. A first responder saves lives and prevents suicide, murder and accidental death. Dr. Gina Dahlem, a Clinical Associate Professor of Nursing at the University of Michigan and a family nurse practitioner, ran a Naloxone Training session on Saturday, Oct. 7 at Mercy House in Ann Arbor. Dahlem serves as Nurse Practitioner at Packard Health/Shelter Association of Washtenaw County. Dahlem teaches opioid overdose prevention regionally and nationally. Narcan, the brand name for Naloxone, reverses opioid overdoses. Narcan works on dogs, too.

If you suspect an overdose or find someone unconscious:

1. Arouse: Shout their name, shake shoulders vigorously and perform a sternal rub;
2. Check for signs of overdose: Slowed or no breathing, blue lips and/ or fingernails, unresponsive to pain (the sternal rub is uncomfortable);
3. Call 9-1-1;
4. Give Narcan by placing the nozzle in a nostril and pushing the plunger;
5. Provide oxygen by giving rescue breaths, two breaths initially then one breath every five or six seconds; give CardioPulmonary Resuscitation (CPR) or follow dispatch instructions from 9-1-1 on speaker phone;
6. Narcan again if they are still unresponsive after two to three minutes.

Repeat Narcan in two to three minutes if the person does not resume breathing. If you must leave the person unattended or if the person vomits, place the person in a recovery position, lying on his or her side. Stay with the person, if it is safe to do so, until help arrives.

Dahlem explained that opioids adhere to nerve receptors in your brain. Opioids inhibit and then stop you from breathing. Narcan replaces the opioid on the brain receptor and prevents more opioids from



Photo sourced from News Nation Now.

attaching.

"The effect of the opioid is that it slows down the drive to breathe," Dahlem said. "Every second counts."

Dahlem said fentanyl is a synthetic man-made opioid that can be manufactured in any laboratory. Fentanyl is so strong the effect can last up to three hours. The effect of Narcan only lasts 30-120 minutes.

It is important to call 9-1-1. Narcan only works on opioids.

"If it's used on an unconscious individual with no opioids in their system, then it's like squirting water up their nose," she said.

Dahlem said the police are trained responders and they look at the event "not as a criminal investigation but as a medical emergency." The Michigan Good Samaritan Law was changed in 2014 to include Narcan.

"You are protected under the law for helping," Dahlem said. "No matter what happens, you did the right thing because you responded."

Dahlem passed out free Narcan kits which included naloxone nasal spray, gloves, a face shield and an instruction pamphlet. Narcan kits are \$45 over the counter at drug stores — but Groundcover News suggests accessing Narcan for free at the Ann Arbor District Library Downtown branch. Free kits and free web-based and in-person training are available at [www.overdoseACTION.org](http://www.overdoseACTION.org). Free web-based CPR training is at: [www.learn CPRonline.net](http://www.learn CPRonline.net)

The website for opioid overdose and naloxone training and resources was developed collaboratively by the University of Michigan School of Nursing, Washtenaw County Sheriff's Office and Home of New Vision.

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## Sudoku

★★★★☆ 4puz.com

9	2				1			4
		5		9		6	8	
			5				1	
5		8					7	3
	3						4	
2	4					8		5
	5				8			
	9	3		2		5		
7			9				3	1

Fill in the squares so that each row, column, and 3-by-3 box contain the numbers 1 through 9.

### Groundcover Vendor Code

While Groundcover is a non-profit, and paper vendors are self-employed contractors, we still have expectations of how vendors should conduct themselves while selling and representing the paper.

The following is our **Vendor Code of Conduct**, which every vendor reads and signs before receiving a badge and papers. We request that if you discover a vendor violating any tenets of the Code, please contact us and provide as many details as possible. Our paper and our vendors should be positively impacting our County.

- Groundcover will be distributed for a voluntary donation. I agree not to ask for more than the cover price or solicit donations by any other means.
- When selling Groundcover, I will always have the current biweekly issue of Groundcover available for customer purchase.
- I agree not to sell additional goods or products when selling the paper or to panhandle, including panhandling with only one paper or selling past monthly issues.
- I will wear and display my badge when selling papers and refrain from wearing it or other Groundcover gear when engaged in other activities.
- I will only purchase the paper from Groundcover Staff and will not sell to or buy papers from other

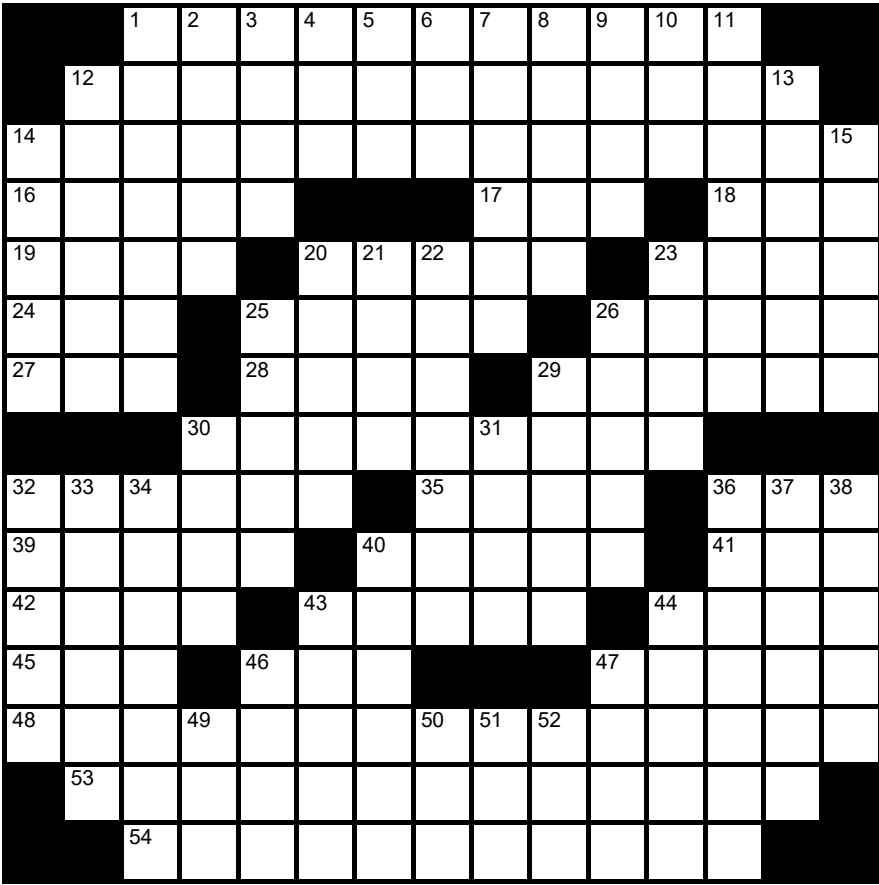
Groundcover vendors, especially vendors who have been suspended or terminated.

- I agree to treat all customers, staff, and other vendors respectfully. I will not "hard sell," threaten, harass or pressure customers, staff, or other vendors verbally or physically.
- I will not sell Groundcover under the influence of drugs or alcohol.
- I understand that I am not a legal employee of Groundcover but a contracted worker responsible for my own well-being and income.
- I understand that my badge is property of Groundcover and will not deface it. I will present my badge when purchasing the papers.
- I agree to stay off private property when selling Groundcover.
- I understand to refrain from selling on public buses, federal property or stores unless there is permission from the owner.
- I agree to stay at least one block away from another vendor in downtown areas. I will also abide by the Vendor Corner Policy.
- I understand that Groundcover strives to be a paper that covers topics of homelessness and poverty while providing sources of income for the homeless. I will try to help in this effort and spread the word.

If you would like to report a violation of the Vendor Code please email [contact@groundcovernews.com](mailto:contact@groundcovernews.com) or fill out the contact form on our website.

# CROSSWORD

from the International Network of Street Papers



### ACROSS

1. Instrument that registers movements of the heart
12. Governments run by many individual experts in their own fields
14. "Let them eat cake" is mis-attributed to her
16. "Gladiator" setting
17. "What's the \_\_\_?"
18. Victorian, for one
19. Alone
20. Kidney deposit
23. "-zoic" things
24. "Do the Right Thing" pizzeria owner
25. For all to hear
26. High up
27. "Star Trek" rank (Abbr.)
28. Stallion, once
29. Puts down
30. Official who investigations complaints against the government
32. Islamic ruler's decrees
35. Auditory
36. Dash lengths
39. 18-wheelers
40. Cousin of a raccoon
41. Police, with "the"
42. Not "fer"
43. Wed
44. Federal law applied against the Mafia
45. \_\_\_ Khan
46. Title for some monks
47. Rocket fuel ingredient, for short
48. Cord cutters forgo this to save money
53. Complexity
54. Recklessly wasteful

### DOWN

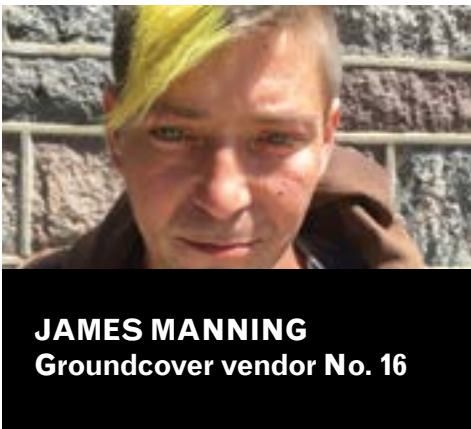
1. Breakfast choices
2. Breezing through
3. Perlman of "Cheers"
4. Letters from your parents?
5. Charged particle
6. Columbus Day mo.
7. Pulverized
16. "Gladiator" setting
17. "What's the \_\_\_?"
18. Victorian, for one
19. Alone
20. Kidney deposit
23. "-zoic" things
24. "Do the Right Thing" pizzeria owner
25. For all to hear
26. High up
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54. Recklessly wasteful



# Discrimination is a common practice

Every day we make assumptions about the world around us, and the people in it who we inevitably cross paths with. We assume our assessments to be completely accurate no matter how different the reality may actually be. We may even become angry at any attempt made to point out we are not as infallible as we would like to think. This is definitely a shortcoming a majority of people share, and yet, we parade around this notion that we have abolished discrimination and embraced true equality. We have become quite adept at lying to ourselves that we've obtained a fair and just world. This article covers only one small wave in the ocean of discrimination that is still in practice.

You have heard the saying "all walks of life," and I believe that the walk of life you're in plays a significant part in how prevalent discrimination is in one's life experience. In a world that holds wealth as the all-important factor in life, then the perceived measure of success you have will play a role in how much discrimination you will



face. If you're wealthy, you face little if any discrimination and daily challenges. But if you are poor, discrimination and the challenges it brings will be a constant element in your life. You can also find it in just about everything you do. This even includes donating plasma for a little extra income.

Plasma clinics are one way for people who are financially challenged to supplement their income. However, for "health and safety reasons," they often have policies barring people who have recently been incarcerated and/

or use a homeless shelter for their address. Understandably there is a risk of contracting a serious disease in these environments, but it's an extremely small and unlikely one. This is simply another act of discrimination towards the income-challenged.

Since we live in a society that worships money it's only natural we deem wealth as a virtuous, good and pure thing. And sadly society deems that those without it are immoral and unhealthy. And nothing screams poverty louder than being or having an association with homelessness. Hence, plasma clinics will deny the opportunity to make a little extra money to those who could use it the most.

Until money and the entire concept of wealth itself are totally abolished, discrimination will be a prevalent factor in how our society operates. Injustices will continue to be doled out to the less fortunate, further diminishing their chances of having a prosperous life. The fact that poverty is viewed as a negative element and those who are afflicted with it are getting what they deserve, is

## ➡ HOUSED from page 4

performance.

"It's amazing to see them in action and cheer for them. I can also read about their stories and insights in the sports columns and magazines. I feel more connected and informed as a fan. I feel more alive and happy as a person." He continued, "Basketball is more than just a game for me. It's a source of motivation and entertainment. It's a part of who I am and what I love. It's the most important thing ... it is a source of hope during the calm and storms of life," he says.

Another thing that changed for him was his diet and hygiene. When he was homeless, he used to cook and eat exclusively processed foods, which were cheap and convenient, but unhealthy.

"I didn't have much choice or control over what I ate. I ate whatever I could find or afford, which was mostly canned, frozen, or packaged foods. They were high in salt, sugar, fat, and preservatives. They made me feel sick and sluggish," he said.

Now that he has his own kitchen, he has encouraged himself to learn how to cook with natural unprocessed foods, which are fresh and nutritious, but more expensive.

"I have more choice and control over what I eat. I can buy fruits, vegetables, grains, meats and dairy products from the grocery store or the farmers market. They make me feel healthy and energetic," he says.

He is glad that he has found a way to improve his diet and health. "Eating well is more than just a habit for me. It's a source of wellness, satisfaction and enjoyment. It's a part of how I take care of myself and what I value."

Another thing that changed for him was his access to a shower. When he was homeless, he had to rely on the YMCA hours and YMCA voucher from Delonis Center, which were limited and inconvenient.

"I didn't have much privacy or comfort when I showered. I had to wait in line or rush. I had to use whatever soap or shampoo they provided, which were often low quality or harsh on my skin and hair. They made me feel dirty and uncomfortable," he says.

Now that he has his own shower, he can shower whenever he wants and however he likes, which is flexible, convenient and without luxury cost. He is glad he has found a way to enhance his hygiene and self-esteem.

"Showering well is more than just a routine for me. It's a source of cleanliness, relaxation and confidence. It's a part of how I present myself and what I respect," he said.

Another thing that changed for him was his ability to cope with the summer heat and the bugs and malicious free agents (both homeless and housed) who were in full swing during the warm season. When he was homeless, he had to endure the high temperatures and the insects that bothered him constantly. He also dealt with threats of violence or theft from other

people who wanted to take advantage of him or harm him.

"It was miserable living on the street during the summer. It was hot and sticky. There were mosquitoes, flies, ants, spiders and other bugs everywhere. They would bite me, sting me, crawl on me or get into my food. There were also people who would harass me, rob me, beat me up or worse. They would target me because I was vulnerable and alone. They made me feel scared and helpless," he said.

"It's wonderful living in my home during the summer. It's cool, dry and comfortable. There are no bugs inside my home. There are also no people who can bother me or hurt me inside my home. If there are any outside, I can lock my door or call the police for help. They can't touch me because I have rights and security," he said.

He is glad that he has found a way to survive the summer with ease and safety.

"Staying cool and bug-free is more than just a luxury for me. It's a source of relief, comfort and peace of mind. It's a part of how I enjoy myself and what I appreciate," he said.

He is still working on overcoming his fears and doubts, but he is hopeful for the future.

"I want to be more independent, more productive, more happy. I want to give back to the community, to help others who are in need. I want to live a normal life," he said.

John's story is one of many examples of how housing can change lives for the better. He is grateful for the opportunity he has been given, and he hopes that more people who are homeless can find their way to a home.

## PUZZLE SOLUTIONS

9	2	6	3	8	1	7	5	4
3	1	5	7	9	4	6	8	2
8	7	4	5	6	2	3	1	9
5	6	8	2	4	9	1	7	3
1	3	9	8	7	5	2	4	6
2	4	7	6	1	3	8	9	5
6	5	1	4	3	8	9	2	7
4	9	3	1	2	7	5	6	8
7	8	2	9	5	6	4	3	1

	C	A	R	D	I	O	G	R	A	P	H	
	T	E	C	H	N	O	C	R	A	C	I	E
M	A	R	I	E	A	N	T	O	I	N	E	T
A	R	E	N	A		U	S	E		E	R	A
S	T	A	G		S	T	O	N	E		E	R
S	A	L		A	L	O	U	D		A	L	O
E	N	S		C	O	L	T		A	B	A	S
				O	M	B	U	D	S	M	A	N
I	R	A	D	E	S		O	T	I	C		E
S	E	M	I	S		C	O	A	T	I		L
A	G	I	N		M	A	R	R	Y		R	I
A	G	A		D	O	M		N	I	T	R	O
C	A	B	L	E	T	E	L	E	V	I	S	I
	E	L	A	B	O	R	A	T	E	N	E	S
	E	X	T	R	A	V	A	G	A	N	T	

# Let's talk about jail in Washtenaw County

Hi, this is vendor #583, and I want to talk about jail in Washtenaw County.

We're locked down here pretty much all the time. We have two times we get out. For 18 hours we're locked down. That's a long time. I've been working on a class, that helps me to get out more — if we're not on complete lockdown like I was a few weeks ago.

It's harder to be a woman in jail because we get work cards and still have a lockdown. Guys get to work and they clean the whole jail and they get to go outside. Girls have a harder time.

We have mental health services here which we do not have much access to. There are no one-on-ones. Court helps get us to rehab.

You have to use this "kiting" [an informal request or complaint system] on everything. Say you want to talk to someone like the chaplain, or the mental health workers. They give you this "kite" and you fill out your first name, last name, what block you're from. Mine is G. You get a pen, and you have kite paper, and then mental health sends you some coloring pages or crossword. Keeps you busy. The kite system is our way to complain on any issue. You send the kite, and it goes in the care of the officers; they don't have to accept your kites. Then medical has their own kiting system to see the doctors and to get meds or see the dentist. Doctor visits are now \$10 and dentists \$10. We have a dayroom TV.

As I was saying, there are two times you get out. There are two levels. Level



I gets out in the morning, and the second level gets out in the afternoon, and then we're all locked down after that. Today I got out from 1-3:30 p.m. Back out 8-11:30. That is our long day. Short days are 8:30 a.m. till 11 a.m., 4:30-7 p.m. And if you're lucky you get classes while you're locked down :) We have to wear shower shoes and uniforms and only get to wash clothes once a week.

Back to the work card mentioned in the first paragraph: if you work, the hours add up and you could earn early release. But it's still up to the judge. We can have a tablet that you can use as a phone and watch videos or podcasts, but we have to order them from the store with money. Say your family wants to put money on your account. Your family puts money on the commissary (it's new, now, so it's called [eXpressAccount.com](#)). You take the money, buy a movie or something else, and put money towards your store where you can add it to your phone

time. We can buy coffee, pop, clothes, underwear, socks, boxers, shampoo, or body wash in jail, lol. We wear all white to go to bed in, white T-shirts, socks and our long johns. It's a very cold and hard place to be in.

Once you're locked down it's very hard. Some don't have family or friends, and you feel like you're forgotten about. Lots of girls and guys have mental health problems and nowhere to go. It's a very sad, hard, cold place to look at yourself. You look forward to mail from outside, you look forward to being visited and a little money on commissary. It's all every jailmate looks forward to, a phone call. The struggle in some jails is needing a phone call and having no kite, no one to help you out, and so you beg other jailmates to help with phone calls. It took me three weeks to get a hold of my dad.

The jail up north [in Standish, Michigan] is very cold and very hard and you feel no hope and it feels like you're forgotten.

Thank God I have Groundcover News. I would never have had anyone to reach out to in isolation but for Lindsay at Groundcover News. It has been a big blessing to me. Like a sister, she never left my side and has gone above and beyond to help me out. Washtenaw Camp Outreach has been amazing. The help and support I have been getting has been so much appreciated. I could never really show how much it means to me. I have been

blessed to be a Groundcover vendor. I have family I never had before and a job that helps me to grow, with life's ups and downs. I also want to thank the readers and customers for their support. You guys are amazing to me.

That's it on jail. I'm going to say bye "till next time." It takes a village to raise a baby and I think it takes a village to help people with mental health issues. People outside jail [on the street] need a hand. Our push, our kind word or hug, our prayer, our ear, someone to listen to you, compassion. We need to lift people up, and some have more than others. Start helping someone you see on the street; people need people. I don't want to be forgotten in a cold place. I feel love and worth now. I am working on me, and I have family and friends and support.

This is my "kite" to my readers, my hope. I started at Groundcover News and you let me have a voice. I once did not have one. I am nothing without you and Groundcover. I want more mental health and help for "the veterans," and more love and joy to spread. So if you see someone down outside, just a kind word can go a long way — letting street veterans know they are cared about and not forgotten. It's not all about money — it's thought, companionship, fellowship, that people need.

Over and out. Groundcover News salutation, vendor No. 583.

## ➡ FACTORS from page 4

discrimination and housing discrimination hurt many, leaving them homeless. Perhaps a possible solution for the current chaotic state of affairs could be a rise in open co-op housing, similar to that for university students.

There are two types of underemployment: visible and invisible. Visible underemployment is underemployment in which an individual works fewer than full-time hours in their chosen field. Invisible underemployment refers to the employment situation in which an individual is unable to find a job in their chosen field, and is paid much lower than their customary wages. "Not in the Labor Force" is actually a third type of underemployment in which individuals cannot find suitable work and quit the labor force altogether.

In 2020, the underemployment rate skyrocketed after the market crash.

The combination of underemployment, stagnant wages and job layoffs contribute to poverty and homelessness.

### Mind Your Own Mental Health

It is estimated that up to six percent of all American adults suffer from some type of mental health issue. Among the homeless, this rate rises to 20-25%. Although Washtenaw County has remarkable mental health services, many individuals go untreated, sometimes in combination with substance use. Mental illness sometimes is just the way the brain is wired, and is biochemical in nature. Thus, mental illness is not the individual's fault.

Soldiers returning from World War I, WWII, Korea and Vietnam had mental issues termed as Shell-Shock, now known as post traumatic stress disorder. This contributed to homelessness, and was sometimes tied to domestic abuse and job loss, leaving

some individuals or families homeless. As many as 200,000 veterans are living on the streets today.

### Know When to Quit, it's Not Legit

A common stereotype of the homeless is that they are all addicted to alcohol and/or drugs, which is false. However, it is true that among the homeless population the rate of substance use is disproportionately high. In 2017, the National Coalition for the Homeless found that 38% of homeless people were dependent on alcohol, while 26% used it alone or in combination with other substances. In some cases, homeless people have even turned to using crack, meth or heroin in order to obtain Social Security Disability payments. While this is a fraud, it is because that may be the last option for obtaining housing.

Now that Fentanyl and other synthetic drugs are on the street market, the rates of addiction and death are

on the rise. I feel that random drug testing at the shelter should be mandatory, and a program like Celebrate Recovery should have meetings at the Delonis Center and/or the Community Mental Health Annex. This can help individuals break their addiction.

This is the end of my first article on the ten categories and 17 factors. Still to come is discussion of shelter issues and the money trail from HUD (federal Housing and Urban Development) down to local authority.

Stay optimistic, keep your chin up, you matter. You are loved. Thank you to my supporters!

To be continued ...



# Quick shrimp curry

**JOHN BUCKLEY**  
Groundcover contributor

## Ingredients:

1 frozen package of those little dinky shrimp (cooked)  
1 onion, chopped  
1 can cream-of-whatever soup (shrimp, chicken, mushroom, celery)  
1 or more teaspoons of curry powder

## Directions:

Sauté the chopped onion in butter or oil for a few minutes until it starts getting translucent.

Stir the curry powder together with the concentrated soup.

Dump the soup-curry mixture and the shrimp into the pan with the onions. Stir it all together until the shrimp is heated through.



# Let's use West Park bandshell for democracy

**SCOOP STEVENS**  
Groundcover contributor

The West Park bandshell was built during the Great Depression and received funding from the Works Project Administration. It became part of the park in 1938 and has served as a focal point for community and charitable events. Now it needs to be converted into a political assembly platform and West Park needs to be renamed Democracy Park.

America's founding fathers established a constitutional plutocracy that gave "we the people" just enough democracy not to revolt. We are in a new age now that requires citizen participation. Converting the bandshell into a political assembly platform where people would learn how to be responsible citizens by hearing speeches, debates and discussions on

public affairs would foster a democratic movement. People would be participants in democracy by exercising their First Amendment right to assemble peaceably and this would lead to genuine community development.

The 1960s was a revolutionary era. There was a vibrant civil rights movement and a passionate anti-war movement. During this time many bands played at the bandshell including the Grateful Dead. These were the good old days for many, but we must stay up with the times by using the bandshell to help create a democratic movement.

For more information about the city's planning process for the West Park bandshell, visit [www.a2gov.org/departments/Parks-Recreation/administrative/Pages/WestParkBandshell.aspx](http://www.a2gov.org/departments/Parks-Recreation/administrative/Pages/WestParkBandshell.aspx)



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